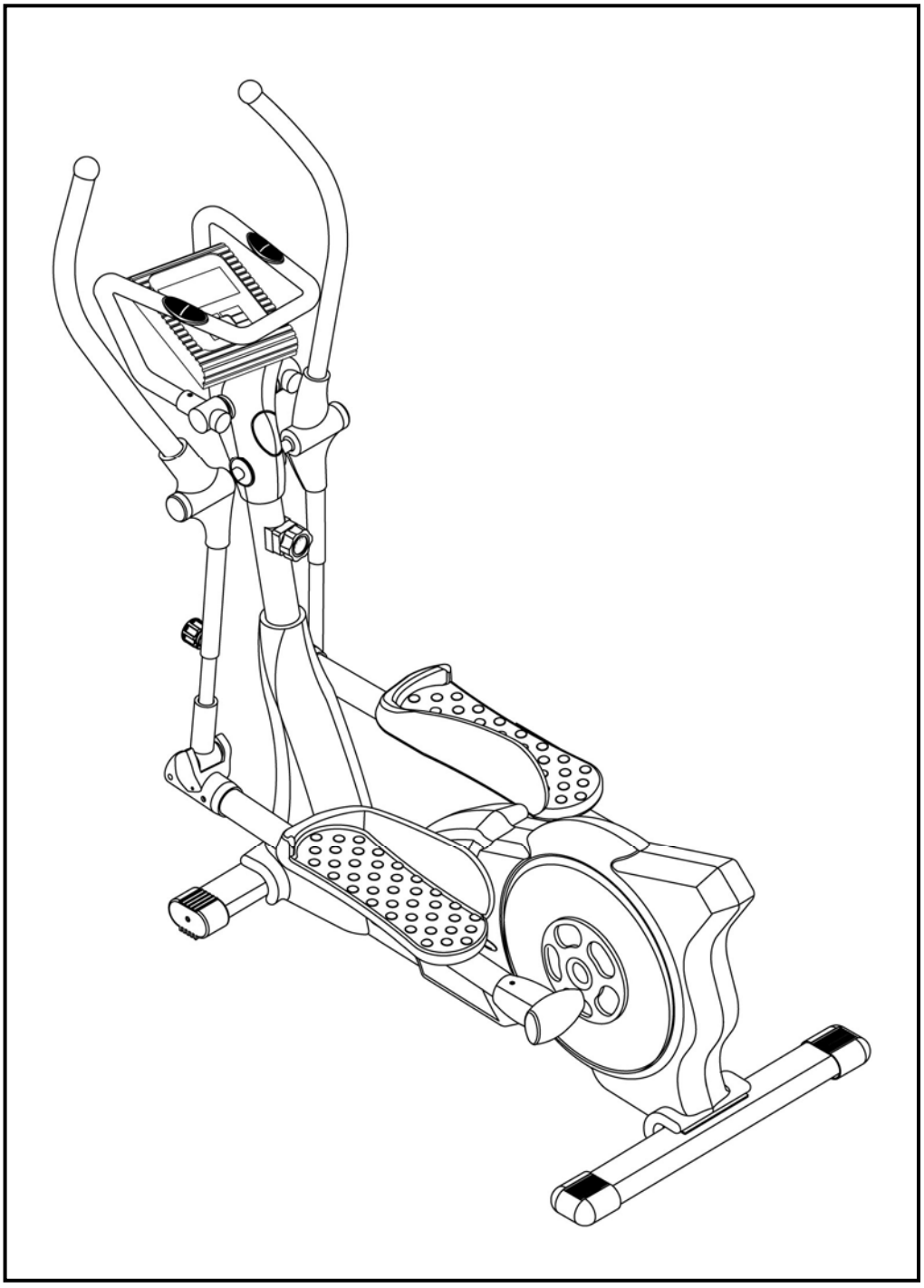
ELLIPTICAL TRAINER
USER'S MANUAL

GB



This quality product is designed, manufactured, tested and certified for enhanced Fitness Training.

Dear Customer,

We want to thank you for having chosen an ELLIPTICAL TRAINER. Wish you a lot of fun and success during training.
Please note and follow the enclosed safety and assembly instructions carefully.
If you have questions, please do not hesitate to contact us.

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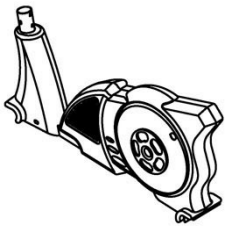
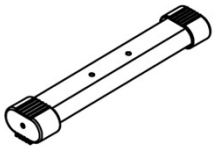
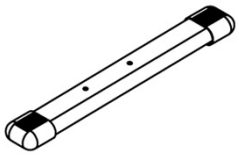
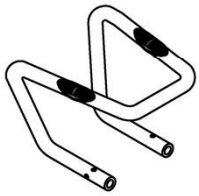
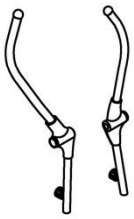
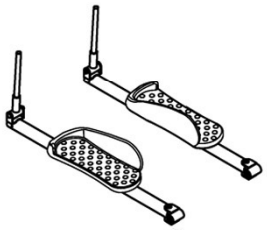
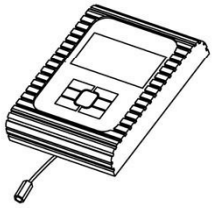
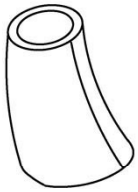
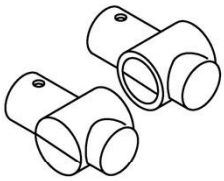
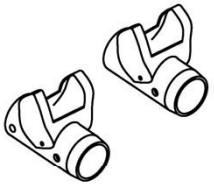
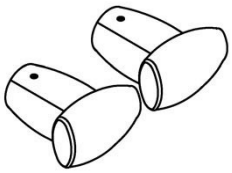
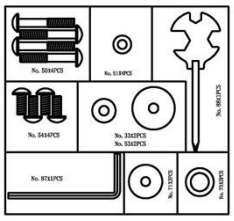
Safety Instructions GB

Before you start training on your ELLIPTICAL TRAINER, please read the instructions carefully.
Be sure to keep the instructions for information, in case of repair and for spare part delivery.

- HM-6022 is made for home use only and tested up to a max.body weight of 150 kg.
- Follow the steps of the assembly instructions carefully.
- Use only original parts as delivered.
- For assembly, use only suitable tools and asks for assistance if necessary.
- Place the trainer on an even, non-slippery surface. Because of possible corrosion, the usage of the elliptical trainer in moist areas is not recommended.
- Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition.
  Replace defective components immediately and/or keep the equipment out of use until repair.
  For repairs, use only original spare parts.
- In case of repair, please ask your dealer for advice
- Avoid the use of aggressive detergents when cleaning the trainer.
- Ensure that training starts only after correct assembly and inspection of the item.
- For all adjustable parts, be aware of the maximum positions to which they can be adjusted/tightened to.
- The home trainer is designed for adults. Please ensure that children use it only under the supervision of an adult.
- Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Consult your physician before starting with any exercise programme. He can advise on the kind of training and which impact is suitable.
  Warning: incorrect/excessive training can cause health injuries.
- Please follow the advice for correct training as detailed in training instructions.
- The load/work level can be adjusted by adjusting tension control knob on the handle bar stem.

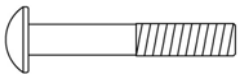
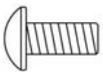
Component List

GB

 NO.1 Main frame	 NO.2 Front stabilizer	 No.3 Rear stabilizer	No.4 Handlebar post
 No.5 Fixing bar	 No.6 Swing bar (upper)	 No.9 Pedal bar	 No.11 Computer
No.26 Plastic cover (for handlebar post)	 No.27 Plastic cover (for front post)	 No.30 Plastic cover (for fixing bar)	 No.38 Plastic cover (for pedal bar)
 No.39 Plastic cover (for pedal bar)	Manual	 Hardware Package	

Hardware Package

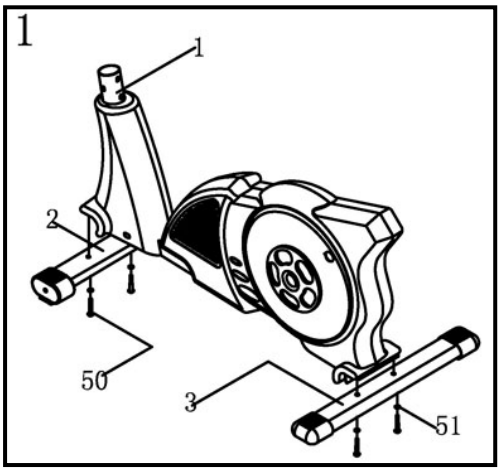
GB

NO.	Description	Q'ty	Specification	Picture
33	Cover (for swing bar)	2	Ø8x38 mm	
50	Carriage bolt (for stabilizer)	4	M8x50 mm	
51	Washer (for stabilizer)	4	Ø 8x16x1.5 mm	
53	Washer (for swing bar)	2	Ø 8x21x2 mm	
54	Bolt (for swing bar & u-plate)	4	M8x18 mm	
70	Wave washer (for u-plate)	2	Ø 16x25x0.5 mm	
71	Washer (for u-plate)	2	Ø 8.5x30x2 mm	
87	Allen key wrench	1	5 mm	
88	Screw driver	1	10.14.17 mm	

Assembly Instructions (GB)

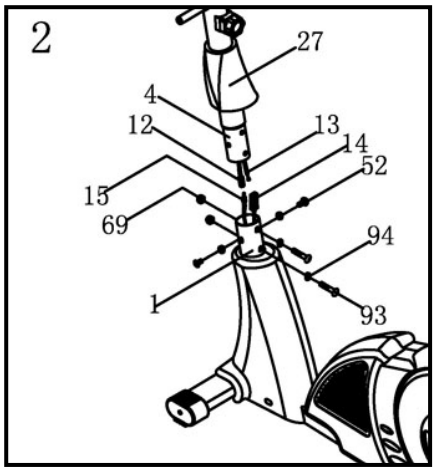
Step 1 (GB)

1. Fasten front stabilizer (2) & rear stabilizer (3) to main frame (1) with 4 carriage bolts (50) & washers (51) from the underside of stabilizers.



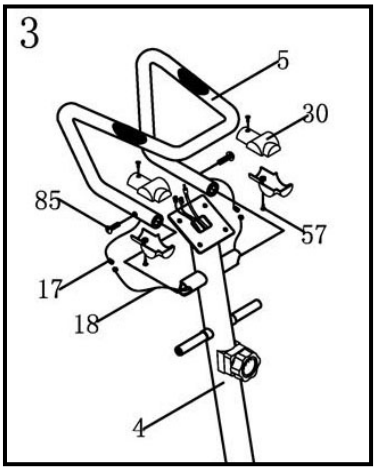
Step 2 (GB)

1. Unscrew 2 bolts (52), 2 bolts (93), 2 nuts (69) & 4 washers (94) from main frame (1).
2. Hook stoppage of tension control (13) with box of tension control cable (14). Connect upper computer cable (12) with lower computer cable (15) securely.
3. Put handlebar post (4) into main frame (1). Fix it with 2 bolts (52), 2 bolts (93), 2 nuts (69) & 6 washers (94) tightly.



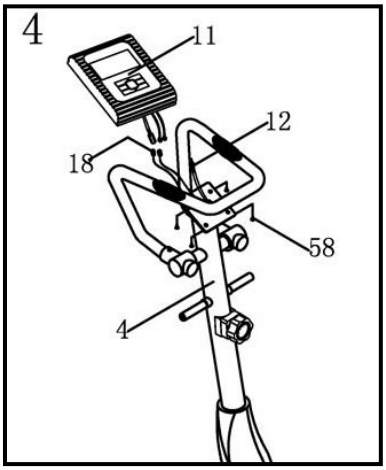
Step 3 (GB)

1. Place fix post (5) to metal parts (under computer bracket) onto handlebar post (4), secure with 1 bolt (85) at either side tightly.
2. Connect upper hand pulse sensor wire (17) with lower hand pulse sensor wire (18) at both sides. Hide the connection into fix post (5).
3. Cover end of fixing post (5) with plastic cover set (upper and lower) (30). Secure with 1 bolt (57) (upside and underside) both sides firmly.



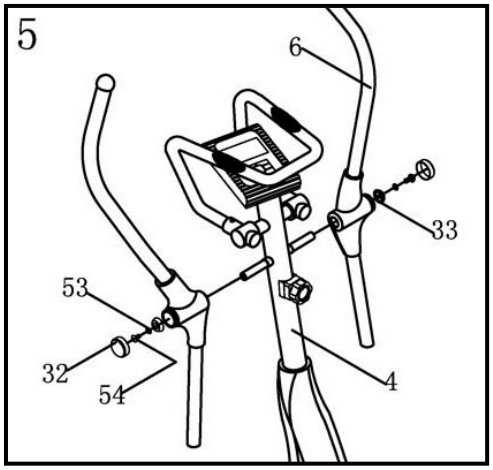
Step 4 (GB)

1. Plug upper computer cable (12) to jack at back of computer (11). Plug lower hand pulse sensor wire (18) to jack at back of computer (11).
2. Attach computer (11) onto bracket at top of handlebar post (4) and secure with 4 bolts (58) firmly.



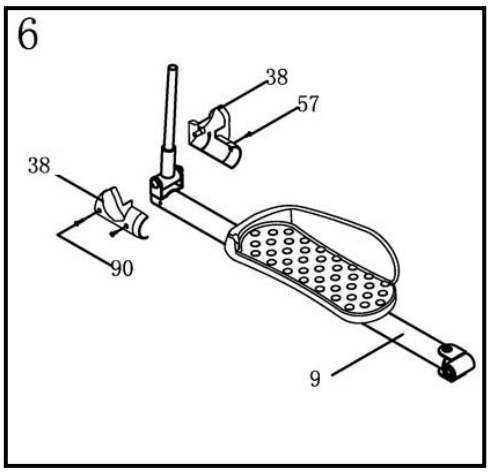
Step 5 GB

1. Attach right upper swing bar (6) to axle of handlebar post (4) and secure with 1 cap (33), washer (53), bolt (54) & cover (32) in order.
2. Do the same to left upper swing bar (6).



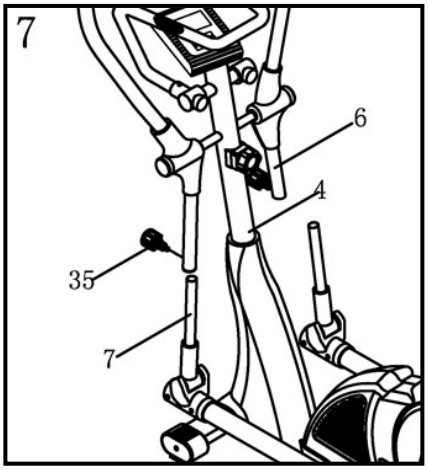
Step 6 GB

1. Cover pedal bar (9) with plastic cover (38) and fix it with 2 bolts (57) & 1 screw (90) tightly.



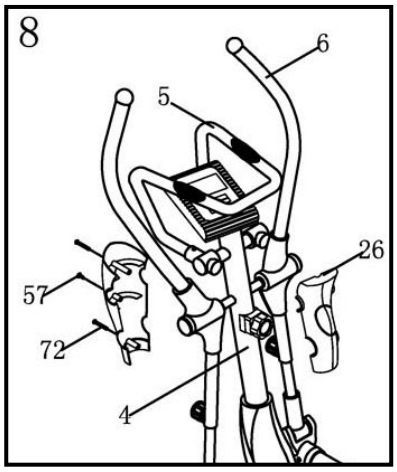
Step 7 GB

1. Loosen and pulled spring-loaded knob (35) on upper right swing bar (6). Attach right upper swing bar (6) to right lower swing bar (7). Select desired height and tighten spring-loaded knob (35) again.
2. Do the same to the left swing bar (6+7).



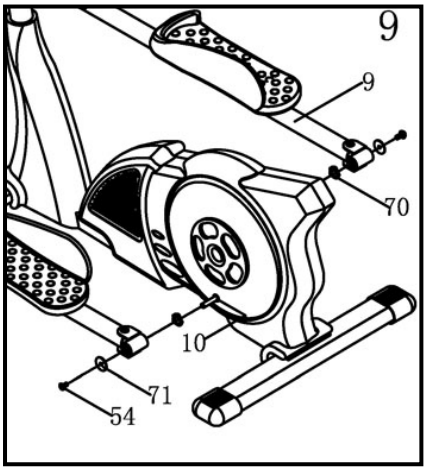
Step 8 GB

1. Attach plastic cover (26) (front & rear) onto handlebar post (4). Secure with 2 bolts (72) and 1 bolt (57) securely.



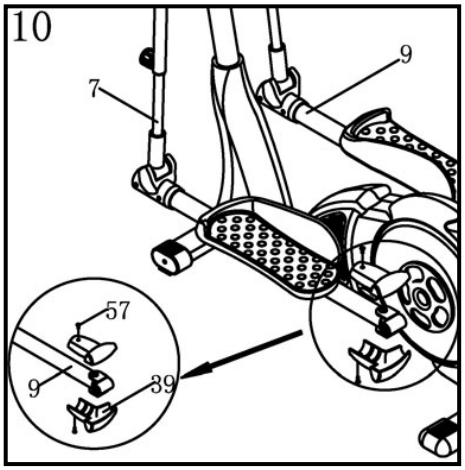
Step 9 GB

1. Attach the end of right pedal bar (9) with washer (70) to the axle of disc (10) on chain cover and secure with 1 bolt (54) & washer (71) tightly.
2. Do the same to the end of left pedal bar (9).



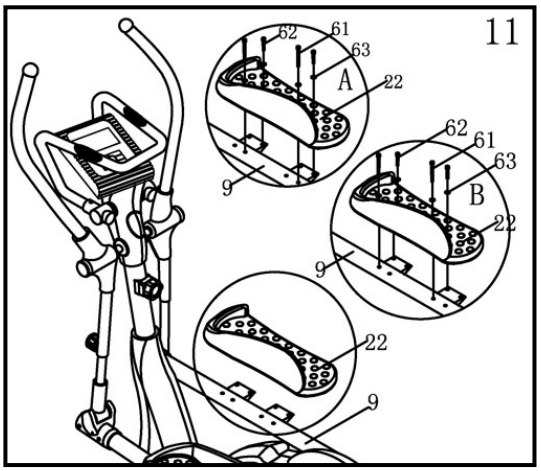
Step 10 GB

1. Cover the end of left pedal bar (9) with plastic cover set (upper and lower) (39) and secure each with 1 bolt (57) firmly.
2. Do the same to the end of right pedal bar (9).
3. Now, your machine is ready for using.



Step 11 GB

1. User can adjust pedal (22) position A or B, according to height.



Computer Instructions

GB

The things you should know before exercise

SLEEP MODE:
The monitor will entry SLEEP mode (LCD off) when there is no signal input and no key be pressed after 4 minutes.

Functions and Features:

1. SCAN: At the exercise mode, press the MODE key until appears the SCAN on the LCD. Monitor will display the following function and each function will keep 6 seconds on the main screen. TIME-SPEED-DISTANCE-CALORIE-RPM-PULSE
2. TIME: Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and count up from 0:00.
3. SPEED: Displays your workout speed value in KM/MILE per hour from 0.0 to 99.9.
4. DISTANCE: Displays the accumulative distance traveled during each workout up to a maximum of 99.99KM/MILE.
5. CALORIES: Your computer will estimate the cumulative calories burned at any given time during your workout.
6. PULSE: Your computer displays your pulse rate in beats per minute during your workout. If no pulse signal input then the computer will display 0 on the window.
7. RPM: Your pedal cadence.

Key function:

There are 3 button keys and the function description as follows:

1. SET key: During the STOP mode, press the key to increase the value of Time, Distance and Calories.
2. RESET key: During the STOP mode, press the key to clear the exercising value or setting value to zero.
3. MODE key: a. Press the key can accept these setting values of TIME, DISTANCE and CALORIE.
   b. During the STOP mode, by holding this key for over two seconds then the computer will re-power-on.
   c. During the exercise mode, press the key can check the function from SCAN-TIME-SPEED-DIST-CAL-RPM-PULSE for a circle.

Training Instructions

GB

To achieve a considerable improvement of your physical resistance and your health, some aspects of how to find the most efficient amount of training should be followed:
If you have not been physically active for a longer period of time and also to avoid health risks, you should consult your general physician before starting to exercise.

Intensity
To achieve maximum results, the right intensity has to be chosen.
The heart rate is used as guideline.
As a rule of thumb the following formula is commonly used:

Maximum pulse rate = 220 - Age

While exercising, the pulse rate should always be between 60% - 85% of the maximum pulse rate.
For your personal training rates, please see the attached pulse rate chart on page 10.

When starting to exercise, you should keep your rate at 60% of your maximum pulse rate in the first couple of weeks.
With increasing improvement of fitness, the pulse rate should be slowly increased to 85% of your maximum pulse rate.

Fat burning

The body starts to burn fat at approx. 60% of the maximum pulse rate.
To reach an optimum at burning rate, it is advisable to keep the pulse rate between 60% – 70% of the maximum pulse rate.
The optimum training amount consists of three workouts per week 30 minutes each.

Example:
You are 52 years of age and would like to start exercising.
Maximum pulse rate = 220 - 52(age) = 168 pulse/min
Minimum pulse rate = 168 x 0.6 = 101 pulse/min
Highest pulse rate = 168 x 0.7 = 117 pulse/min

During the first week, it is advisable to start with a pulse rate of 101. Afterwards, increase it to 117.

With increasing improvement of fitness, the training intensity should be increased to 70% - 85% of your maximum pulse rate.
Increasing the resistance, a higher frequency or longer training periods can do this.

Training Organization

Warm-up:
Before every training, you should warm-up for 5-10 minutes.

Training session:
During the actual training, a rate of 70% -85% of the maximum pulse rate should be chosen.
The time-length of your training session can be calculated with the following rule of thumb:

- daily training session: approx. 10 min. per unit
- 2-3 x per week: approx. 30 min. per unit
- 1-2 x per week: approx. 60 min. per unit

Cool down:
To introduce an effective cool-down of muscles and metabolism, the intensity should be drastically decreased during the last 5 – 10 minutes.
Stretching is also helpful for the prevention of muscle aches.

Success
Even after a short period of regular exercises, you will notice that you constantly have to increase the resistance to reach your optimum pulse rate.
The units will be continuously easier and you will feel a lot fitter during your normal day.

For this achievement, you should motivate yourself to exercise regularly.
Choose fixed hours for your training session and do not start training too aggressively.

An old quote amongst sportsmen says:
“The most difficult thing about training is to start it.”

Wish you have a lot of fun and success with your trainer,

HEART RATE CHART

AGE	RECOVERY 50%–65%	ENDURANCE 65%–75%	STRENGTH 75%–85%	INTERVAL 65%–92%	RACE DAY 80%–92%
20–23	100–129	129–149	149–168	129–182	160–182
24–27	98–126	126–146	146–165	126–178	155–178
28–31	96–123	123–143	143–162	123–175	153–175
32–35	94–120	120–140	140–159	120–172	150–172
36–39	92–118	118–137	137–155	118–168	146–168
40–43	90–116	116–134	134–151	116–164	143–164
44–47	88–113	113–131	131–148	113–161	140–162
48–51	86–110	110–128	128–145	110–157	137–157
52–55	84–108	108–125	125–141	108–153	133–153
56–60	82–105	105–122	122–139	105–150	131–150

The HEART RATE CHART is only for the customer reference.

Part List

GB

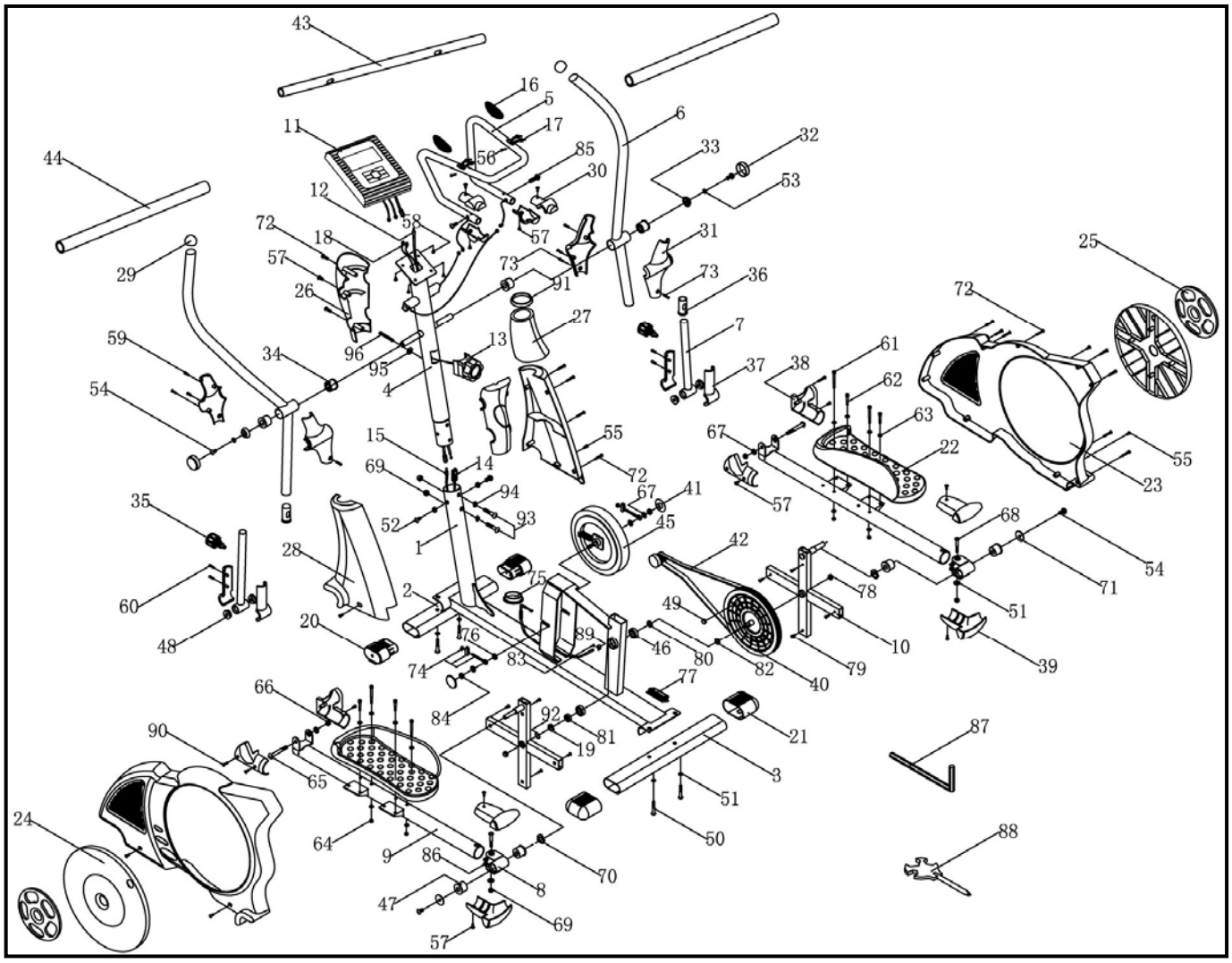
No.	Description	Q'ty
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Handlebar post	1
5	Fix post	1
6	Swing bar – upper (right and left)	1
7	Swing bar – lower (right and left)	1
8	U-plate (for pedal bar)	2
9	Pedal bar (left and right)	1
10	Cross bar – (left and right)	1
11	Computer	1
12	Computer cable (upper)	1
13	Tension control	1
14	Tension control cable	1
15	Sensor wire	1
16	Hand pulse sensor	2
17	Upper hand pulse sensor wire (pair)	1
18	Lower hand pulse sensor wire	2
19	Washer (for belt wheel)	1
20	Front stabilizer cap (pair)	1
21	Rear stabilizer cap (pair)	1
22	Pedal (right and left)	1
23	Main chain cover (right and left) (pair)	1
24	Disk (right and left)	1
25	Decorator	2
26	Plastic cover (for handlebar post) (pair)	1
27	Plastic cover (for handlebar post)	1
28	Plastic cover (for front post) (pair)	1
29	End cap (for upper swing bar)	2
30	Plastic cover (for fix post) (set)	2
31	Plastic cover (for swing bar) (set)	2
32	End cap (for swing bar)	2
33	Cover (for swing bar)	2
34	Fastener (for swing bar)	4
35	Spring –loaded knob	2
36	Fastener (for lower swing bar)	2
37	Plastic cover (for lower swing bar) (set)	2
38	Plastic cover (between swing bar & pedal bar)(set)	2
39	Plastic cover (for pedal bar)(set)	2
40	Belt wheel	1
41	Protector (for flywheel)	2
42	Belt	1
43	Foam grips (for fix post)	1
44	Foam grips (for swing bar)	2
45	Flywheel	1

No.	Description	Q'ty
46	Steel bearing (for crank)	2
47	Fastener (for pedal bar)	4
48	Fastener (for lower swing bar)	4
49	Magnet	1
50	Carriage bolt (for stabilizer)	4
51	Washer (for stabilizer & U-plate)	6
52	Bolt (for handlebar post)	2
53	Washer (for swing bar)	2
54	Bolt (for swing bar & U-plate)	4
55	Screw (for main chain cover)	6
56	Screw (for hand pulse sensor)	2
57	Bolt (for plastic cover #30 , 38 , 39 & 26)	13
58	Bolt (for computer)	4
59	Screw (for plastic cover #31)	4
60	Screw (for plastic cover #37)	4
61	Carriage bolt (for pedal)	4
62	Carriage bolt (for pedal)	4
63	Washer (for pedal)	12
64	Nut (for pedal)	4
65	Carriage bolt (for pedal bar)	2
66	Nut (for pedal bar)	2
67	Washer (for pedal bar)	4
68	Carriage bolt (for u-plate)	2
69	Nut (for u-plate & handlebar post)	4
70	Wave washer (for u-plate)	2
71	Washer (for u-plate)	2
72	Screw (for main chain cover & plastic cover #26 & 28)	14
73	Screw (for plastic cover #28 & 31)	4
74	Belt adjustor (set)	2
75	End cap (for front post)	1
76	Washer (for flywheel)	2
77	End cap (for middle post)	1
78	Nut (for cross bar)	2
79	Screw (for cross bar)	8
80	Washer (for crank)	1
81	Plastic sleeve (for belt wheel)	1
82	Washer (for belt wheel)	2
83	Bolt (for sensor holder)	1
84	Nut (for flywheel)	2
85	Bolt (for fix post)	2
86	Washer (for swing bar)	4
87	Allen key wrench	1
88	Screwdriver	1
89	Sensor holder	1
90	Screw (for plastic cover #38)	2

No.	Description	Q'ty
91	Ring (for handlebar post)	1
92	Washer (for belt wheel)	2
93	Bolt (for handlebar post)	2
94	Washer (for handlebar post)	4
95	Washer (for tension control)	1
96	Bolt (for tension control)	1

Exploded Drawing

GB



The owner's manual is only for the customer reference.